

DAY 1 RESULTS - MEN

101	05:15	10000m Men	M60					FINAL	
		Santigao Ducay	M60	Unattached		47:36:00		PMAC 2023	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		557	Ducay, Sonny	62	M60	Unattached	47:11.0		GOLD (NMR)
		579	Sugalan, Efren	60	M60	JD Training Performance Bulacan Masters	47:49.4		SILVER
		549	Barsaga, Ely	64	M60	Unattached	48:42.4		BRONZE
		551	Betes, Ernesto	60	M60	Unattached	51:28.0		
		561	Jereza, Manuel Noli	61	M60	Macrunners	59:56.5		
101	05:15	10000m Men	M65					FINAL	
		Edesio Briones	M65	Unattached		54:06.6		PMAC 2023	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		597	Eusebio, Jose	65	M65	Unattached	48:40.4		GOLD (NMR)
		595	Colina, Antonio Valeriano	65	M65	De La Salle Alumni Athletics	52:35.6		SILVER
		587	Agraan, Godofredo	66	M65	Unattached	55:23.7		BRONZE
		611	Torres, Gregorio	68	M65	Unattached	1:00:51.2		
		590	Asada, Ladislao	65	M65	Unattached	1:02:05.8		
		585	Abiera, Ramon	66	M65	Macrunners	DNF		
101	5:15am	10000m Men	M70					FINAL	
		Edwardo Navarette	M70	Bulacan Masters (JDT)		53:02.7		PMAC 2023	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		623	Tan, Benjamin	71	M70	Muntinlupa Masters Athletics Team	55:30.0		GOLD
101	5:15am	10000m Men	M75					FINAL	
		NR							
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		626	Payumo, Orlando	78	M75	Running Team Calabarzon	1:04:04.5		GOLD (NMR)
102	6:00am	LONG JUMP Men	M30					FINAL	
		Jerson Galoso	M30	Philippine National Police		6.30m		PMAC 2023	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		265	Endaya, Mark Anthony	31	M30	Unattached	6.36m		GOLD (NMR)
		249	Bagamasbad, Randell	32	M30	Running Team Calabarzon	4.31m		SILVER
102	6:00am	LONG JUMP Men	M35					FINAL	
		Yourke Tamayo	M35	Phillipine Airforce		5.70m		PMAC2 2024	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		323	Flores, Norman	35	M35	Police	5.38m		GOLD
		314	Canon, Way	35	M35	De La Salle Alumni Athletics	5.17m		SILVER
		349	Santos, Aser Mark	36	M35	First Sports - Northern Philippines Athletics	4.93m		BRONZE
		350	Sumabat, Roderick	37	M35	First Sports - Northern Philippines Athletics	4.90m		
		353	Ucag, Eddie Boy	35	M35	JD Training Performance Bulacan Masters	4.50m		
104	6:15am	5000m MEN	M50					FINAL	
		Edward Luna	M50	POSF		20:26.6		PMAC2 2024	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		502	Torred, Demetrio Jr.	50	M50	Spectrum Runner'S Philippines	17:48.12		GOLD (NMR)
		495	Raza, Asad	50	M50	Unattached	19:27.22		SILVER
		499	Takei, Hiroshi	52	M50	Unattached	19:36.16		BRONZE
		483	Luna, Edward	54	M50	Pilipinas Obstacle Sports Federation	20:31.19		
		474	Delos Reyes, Alfred	52	M50	University of the Philippines	22:00.00		
		468	Balbin, Leoncio Jr.	52	M50	Unattached	22:08.13		
		477	Dilla, Junior	50	M50	Lion City Athletics Club, Inc.	22:14.33		
		489	Pagulayan, Marlo	52	M50	First Sports - Northern Philippines Athletics	22:43.38		
		469	Bangayan, Laniel	52	M50	The Running Junkies Ph	23:25.54		
		496	Sadiasa, Naphtali	50	M50	Philippine Airforce	23:40.97		
		470	Briones, Vicente	50	M50	Lion City Athletics Club, Inc.	25:16.65		

104	6:15am	5000m MEN <i>Neri Barcelo</i>	M55 <i>M55</i>	<i>Team Daniela</i>	20:13.2	FINAL <i>PMAC2 2024</i>		
	<i>BIB</i>	<i>NAME</i>	<i>AGE</i>	<i>AG</i>	<i>TEAM</i>	<i>RESULT</i>	<i>WV</i>	<i>REMARKS</i>
	515	Engbino, Desederio	55	M55	Spectrum Runner'S Philippines	18:55.40		GOLD (NMR)
	533	De Jager, Arthur Peter	56	M55	Unattached	20:45.35		SILVER
	508	Barcelo, Neri	57	M55	Team Daniela	20:56.93		BRONZE
	516	Gadapan, Rodelio	55	M55	Unattached	21:18.95		
	525	Natano, Melbert	58	M55	Unattached	22:27.51		
	517	Gallaza, Arsenio	58	M55	Unattached	24:04.81		
	512	Carig, Melchor	57	M55	Team Dariuk	24:49.27		
	510	Bautista Jr., Rinaldo	57	M55	Unattached	25:11.68		
	537	Vence, Roy	59	M55	Team Daniela	25:25.91		
	536	Tubes, Edgardo	58	M55	The Running Junkies Ph	DNS		
105	6:15am	5000m MEN <i>Jujet De Asis</i>	M40 <i>M40</i>	<i>Philippine Army</i>	17:25.99	FINAL <i>PMAC 2023</i>		
	<i>BIB</i>	<i>NAME</i>	<i>AGE</i>	<i>AG</i>	<i>TEAM</i>	<i>RESULT</i>	<i>WV</i>	<i>REMARKS</i>
	403	Sabal, Elmer	43	M40	De La Salle Alumni Athletics	18:02.05		GOLD
	391	Madrid Jr, Ruddy	40	M40	JD Training Performance Bulacan Masters	18:44.71		SILVER
	390	Lopez, Rene Boy	44	M40	First Sports - Northern Philippines Athletics	18:47.84		BRONZE
	414	Watanabe, Yukinori	44	M40	Unattached	18:55.32		
	401	Pulido, Rey	43	M40	Unattached	19:21.52		
	399	Papiona, Efren	44	M40	Mile Zero Runners	19:58.74		
	374	Elejedo, Arven	41	M40	Philippine Vigor Hearts	21:23.79		
	412	Tuzon, Brian	41	M40	First Sports - Northern Philippines Athletics	22:26.68		
	385	Lipat, Julius	40	M40	Pilipinas Obstacle Sports Federation	DNF		
	372	Dulay, Emmanuel	40	M40	Unattached	DNS		
	373	Elejedo, Arwen	43	M40	Philippine Vigor Hearts	DNS		
	379	Galam, Allan	40	M40	First Sports - Northern Philippines Athletics	DNS		
	370	De Los Reyes, Ronald	42	M40	Team Ateneo Lightning Loyola	DNS		
	398	Or, Charles	41	M40	Pilipinas Obstacle Sports Federation	DNS		
	404	Sagudang, Rolando	41	M40	Philippine Vigor Hearts	DNS		
105	6:15am	5000m MEN <i>Jojie Daga-as</i>	M45 <i>M45</i>	<i>Hukbong Kabitenyo</i>	18:10.7	FINAL <i>PMAC2 2024</i>		
	<i>BIB</i>	<i>NAME</i>	<i>AGE</i>	<i>AG</i>	<i>TEAM</i>	<i>RESULT</i>	<i>WV</i>	<i>REMARKS</i>
	434	Daga-as, Jojie	47	M45	JD Training Performance Bulacan Masters	17:48.3		GOLD (NMR)
	445	Magalona, Gerald	45	M45	Unattached	18:16.2		SILVER
	424	Bansel, Eduardo	46	M45	Lion City Athletics Club, Inc.	19:37.7		BRONZE
	417	Alcantara, Mario	48	M45	JD Training Performance Bulacan Masters	21:21.4		
	435	Dalawis, Bienvenido	49	M45	Mile Zero Runners	DNS		
106	6:45am	5000m MEN <i>Gilbert Laido</i>	M30 <i>M30</i>	<i>Philippine Army</i>	16:17.39	FINAL <i>PMAC2 2024</i>		
	<i>BIB</i>	<i>NAME</i>	<i>AGE</i>	<i>AG</i>	<i>TEAM</i>	<i>RESULT</i>	<i>WV</i>	<i>REMARKS</i>
	253	Calimag, Roderick	30	M30	First Sports - Northern Philippines Athletics	16:44.53		GOLD
	267	Esguerra, Dominic	31	M30	Lion City Athletics Club, Inc.	19:03.56		SILVER
	296	Solis, Roniello	31	M30	The Running Junkies Ph	19:08.33		BRONZE
	250	Balila, Jonel	32	M30	Dasmariñas City Joggers & Runners Club	19:30.29		
	291	Pornel, Philip	34	M30	De La Salle Alumni Athletics	21:08.50		
	277	Imperial, Jestoni	31	M30	Lion City Athletics Club, Inc.	21:27.80		
	255	Capistrano, Jose Lorenzo	32	M30	University of the Philippines	21:31.39		
	279	Ledesma, Arwin	32	M30	University of the Philippines	22:39.70		
	276	Hermosada, Jefrey Oliveros	30	M30	Macrunners	22:40.35		
	284	Molejon, Rocky Marvin	33	M30	Philippine Airforce	23:11.85		
	252	Bugaon, Francis Kevin	32	M30	Team Pasig Athletics	24:27.92		
	281	Lopez, Jeremiah Aaron	33	M30	JD Training Performance Bulacan Masters	25:24.58		
	303	Velasco, Ivan	34	M30	Police	26:08.89		
106	6:45am	5000m MEN <i>Alquin Bolivar</i>	M35 <i>M35</i>	<i>Philippine Army</i>	17:47.60	FINAL <i>PMAC 2023</i>		
	<i>BIB</i>	<i>NAME</i>	<i>AGE</i>	<i>AG</i>	<i>TEAM</i>	<i>RESULT</i>	<i>WV</i>	<i>REMARKS</i>
	340	Olivan, Greco	36	M35	Muntinlupa Masters Athletics Team	17:32.00		GOLD (NMR)
	355	Viray Jr., Leonardo	36	M35	The Running Junkies Ph	19:17.40		SILVER
	344	Ramos, Maynard Aikko	36	M35	Philippine Vigor Hearts	19:17.97		BRONZE
	336	Miguel, Alberto	39	M35	JD Training Performance Bulacan Masters	22:12.01		
	342	Palma, Henri	35	M35	Team Pasig Athletics	23:23.19		
	315	Caracol, Joseph	36	M35	Team Daniela	27:43.21		

QQA	7:00am	LONG JUMP Men			M40		FINAL			
		Allan Basco			M40 JD Training Performance Bulacan Masters		5.51m PMAC2 2024			
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
		362	Basco, Allan	42	M40	JD Training Performance Bulacan Masters	5.43m		GOLD	
		408	Sore, Hernanie	44	M40	University of Baguio	5.31m		SILVER	
		384	Javier, Blas	40	M40	JD Training Performance Bulacan Masters	4.94m		BRONZE	
		358	Balut Jr, Fernando	40	M40	First Sports - Northern Philippines Athletics	4.82m			
		363	Buasen, Horace	43	M40	First Sports - Northern Philippines Athletics	4.36m			
		406	Salonga, Danilo	41	M40	Unattached	3.49m			
		410	Tarcina, Reynante	41	M40	Mile Zero Runners	DNS			
107	7:00am	LONG JUMP Men			M45		FINAL			
		Michael Pelaez			M45 Philippine National Police		5.16m PMAC 2023			
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
		466	Yu, Charlie	48	M45	Police	4.94m		GOLD	
		464	Velasco, Jorge Ali	45	M45	JD Training Performance Bulacan Masters	4.55m		SILVER	
		442	Hidalgo Jr., Armando	47	M45	Police	4.47m		BRONZE	
		453	Relucio, Anthonel	48	M45	Philippine Airforce	4.27m			
		454	Robles, Emmanuel	47	M45	JD Training Performance Bulacan Masters	DNS			
108	7:00am	JAVELIN THROW Men (600g)			M60		FINAL			
		Riccardo Loi			M60		33.41m PMAC 2023			
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
		564	Loi, Riccardo	64	M60	Muntinlupa Masters Athletics Team	31.81m		GOLD	
		570	Obiena, Emerson	60	M60	Unattached	31.59m		SILVER	
		581	Tolentino, Arnel	60	M60	Unattached	22.00m		BRONZE	
		553	Carteciano, Emiliano	62	M60	Lion City Athletics Club, Inc.	20.94m			
		569	Nogales, Jose	60	M60	Unattached	19.03m			
108	7:00am	JAVELIN THROW Men (600g)			M65		FINAL			
		Juan Villa			M65 De La Salle Alumni Athletics		23.38m PMAC2 2024			
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
		602	Murai, Koji	65	M65	Macrunners	25.00m		GOLD (NMR)	
		589	Ambat, Dennis	66	M65	De La Salle Alumni Athletics	23.79m		SILVER	
		599	Flores, Ira	68	M65	De La Salle Alumni Athletics	22.85m		BRONZE	
		588	Alacar, Severino	68	M65	Team Baguio City	20.99m			
		612	Torres, Adel	65	M65	Unattached	18.01m			
		607	Pilones Jr., Delfin	66	M65	Team Dariuk	12.83m			
		604	Noro, Yukihiro	65	M65	Unattached	DNS			
		609	Saldivar, Manolito Espina	66	M65	Unattached	DNS			
109	7:00am	JAVELIN THROW Men (500g)			M70		FINAL			
		Cornelio Villarta			M70 Unattached		15.87m PMAC 2023			
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
		621	Reyes, Elmer	74	M70	Philippine Airforce	28.05m		GOLD (NMR)	
		630	Navarro, Butch	71	M70	Unattached	20.00m		SILVER	
		617	Muloc, Usman	72	M70	Unattached	17.82m		BRONZE	
		634	Villarta, Cornelio	70	M70	Team Pasig Athletics	15.50m			
117	7:45am	100m Men			M30		FINAL			
		Alvin Lloyd Andresio			M30 Philippine Airforce		11.55 PMAC2 2024			
		LANE H	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
			265	Endaya, Mark Anthony	31	M30	Unattached	11.46		GOLD (NMR)
			246	Andresio, Alvin Lloyd	30	M30	Philippine Airforce	11.72		SILVER
			293	Reyes, Mark	34	M30	University of the Philippines	11.95		BRONZE
			262	Del Prado Jr., Isidro	33	M30	Philippine Airforce	12.32		
			278	Labadan, Alexis James	33	M30	Unattached	12.51		
			269	Fernandez, Jerome	30	M30	Philippine Airforce	12.60		
			290	Pacis, Rafdie	30	M30	First Sports - Northern Philippines Athletics	12.92		
			247	Miranda, Mark Anthony	32	M30	De La Salle Alumni Athletics	13.09		
			299	Tanhueco, Jasper	32	M30	De La Salle Alumni Athletics	13.30		
			286	Movilla, Jonathan	31	M30	JD Training Performance Bulacan Masters	13.37		
			256	Casero, Christian	30	M30	Philippine Vigor Hearts	14.36		
			283	Mesa, Charlie	32	M30	Unattached	17.00		
			260	De Leon, Paul John	30	M30	University of the Philippines	DNF		
			245	Alferos, Raymond	30	M30	JD Training Performance Bulacan Masters	DNS		
			297	Soriano, Gabriel	30	M30	University of the Philippines	DNS		
			280	Lizardo, Raymond	31	M30	Police	DNS		

118	7:50am	100m Men	M35					FINAL
		Arman Dino	M35	Philippine Airforce	11.39			PMAC2 2024
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
307	Alfonso, John Michael	37	M35	JD Training Performance Bulacan Masters	12.48			GOLD
330	Lim, Jonathan	35	M35	De La Salle Alumni Athletics	12.48			GOLD
353	Ucag, Eddie Boy	35	M35	JD Training Performance Bulacan Masters	12.72			BRONZE
314	Canon, Way	35	M35	De La Salle Alumni Athletics	12.84			
338	Nipahoy, Jimson	37	M35	First Sports - Northern Philippines Athletics	13.28			
350	Sumabat, Roderick	37	M35	First Sports - Northern Philippines Athletics	13.69			
354	Ulam, Mark	37	M35	Unattached	13.78			
326	Gregorio, James	38	M35	Team Ateneo Lightning Loyola	14.21			
351	Tolentino, Ralph Nazarene	35	M35	Unattached	16.34			
343	Quintos, Jose	39	M35	Team Ateneo Lightning Loyola	19.56			
119	7:55am	100m Men	M40					FINAL
		Aaron Jayxen Banatao	M40	Team PNP	12.3			PMAC2 2024
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
356	Dino, Arman Pila	40	M40	Philippine Airforce	11.87			GOLD (NMR)
388	Lim, Ferdinand	40	M40	Philippine Airforce	12.25			SILVER
359	Banatao, Aaron Jayxen	41	M40	Philippine Airforce	12.51			BRONZE
383	Haresco, James	40	M40	Lion City Athletics Club, Inc.	12.63			
409	Talosig Jr., Reynald	44	M40	Pilipinas Obstacle Sports Federation	12.89			
415	Ycong, Michael	40	M40	De La Salle Alumni Athletics	13.02			
402	Rivera Sr., Joel	43	M40	First Sports - Northern Philippines Athletics	13.29			
375	Eugenio, Ericson	40	M40	First Sports - Northern Philippines Athletics	13.78			
400	Pojas, Alfred	40	M40	Unattached	14.13			
398	Or, Charles	41	M40	Pilipinas Obstacle Sports Federation	14.17			
397	Olonan, Gasbamel	40	M40	Pilipinas Obstacle Sports Federation	14.62			
382	Guerrero, Ronald	41	M40	Team Daniela	15.06			
369	Dacanay, Bernard	44	M40	Unattached	15.35			
394	Mendoza, Nino	44	M40	Team Ateneo Lightning Loyola	DNS			
413	Urayenza, Bryan	44	M40	Police	DNS			
360	Bandalan, Aric	40	M40	Unattached	DNS			
367	Conceja, Joey	41	M40	Police	DNS			
395	Morales, Giovanni	44	M40	First Sports - Northern Philippines Athletics	DNS			
121	8:00am	JAVELIN THROW Men (700g)	M50					FINAL
		Danilo Fresnido	M50	Philippine Army	51.20m			PMAC 2023
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
629	Fresnido, Danilo	52	M50	Muntinlupa Masters Athletics Team	55.04m			GOLD (NMR)
475	Delos Reyes Jr., Arturo	53	M50	Pilipinas Obstacle Sports Federation	21.64m			SILVER
498	Suguitan, Jose Enrico Ricky	52	M50	Pilipinas Obstacle Sports Federation	DNS			
121	8:00am	JAVELIN THROW Men (700g)	M55					FINAL
		Emerson Obiena	M55	Unattached	34.89m			PMAC 2023
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
531	Ronquillo, Bryan	58	M55	Unattached	25.56m			GOLD
522	Koda, Toshihide Isaphil	55	M55	Unattached	23.87m			SILVER
521	Kobayashi, Hiroyuki	56	M55	Unattached	15.95m			BRONZE
538	Yamasato, Masayuki	55	M55	Unattached	NM			
122	8:00am	100m Men	M45					FINAL
		John Aguilar	M45	Unattached	12.67			PMAC2 2024
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
453	Relucio, Anthonel	48	M45	Philippine Airforce	13.64			GOLD
448	Moral, Nathaniel	47	M45	Police	13.68			SILVER
446	Manzo, Anand	48	M45	Unattached	13.74			BRONZE
427	Bayabao, Abul Khair	46	M45	Police	15.07			
452	Pernia, Villeon	48	M45	Pilipinas Obstacle Sports Federation	15.29			
431	Clukey, Joe	48	M45	Unattached	15.30			
420	Arboleda, Lino	47	M45	University of the Philippines	DNS			
454	Robles, Emmanuel	47	M45	JD Training Performance Bulacan Masters	DNS			
447	Mendiola, Zherwin	47	M45	Police	DNS			
465	Victoriano, Michael	49	M45	Evolve Yourself	DNS			

123	8:05am	100m Men <i>Eddie Radaza</i>	M50 <i>M50</i>	<i>Philippine Army</i>	13.90	FINAL <i>PMAC 2023</i>		
	<i>BIB</i>	<i>NAME</i>	<i>AGE</i>	<i>AG</i>	<i>TEAM</i>	<i>RESULT</i>	<i>WV</i>	<i>REMARKS</i>
	484	Magcawas, Randy	50	M50	Philippine Airforce	13.28		GOLD (NMR)
	481	Labrador, Sandy	50	M50	Team Pasig Athletics	13.44		SILVER
	491	Ragas, Aldwin	52	M50	The Running Junkies Ph	13.59		BRONZE
	504	Wong, Martin	54	M50	Unattached	13.94		
	494	Raymundo, Macrino	51	M50	First Sports - Northern Philippines Athletics	14.75		
	492	Ragas III, Eduardo	54	M50	The Running Junkies Ph	15.67		
	487	Nona, Allan	54	M50	Unattached	28.00		
	476	Desierto, Danilo	51	M50	Unattached	DNS		
124	8:10am	100m Men <i>Maulani Diman</i>	M55 <i>M55</i>	<i>Unattached</i>	13.13	FINAL <i>PMAC2 2024</i>		
	<i>BIB</i>	<i>NAME</i>	<i>AGE</i>	<i>AG</i>	<i>TEAM</i>	<i>RESULT</i>	<i>WV</i>	<i>REMARKS</i>
	529	Radaza, Eddie	56	M55	Philippine Airforce	14.37		GOLD
	506	Aguila, Virgilio	55	M55	Police	14.48		SILVER
	513	Chan, Jocson	57	M55	De La Salle Alumni Athletics	14.49		BRONZE
	523	Bunda Jr, Leonardo	57	M55	Unattached	15.08		
	524	Marce, Ariel	58	M55	Lion City Athletics Club, Inc.	16.09		
	536	Tubes, Edgardo	58	M55	The Running Junkies Ph	18.12		
	538	Yamasato, Masayuki	55	M55	Unattached	21.18		
	520	Isidro, Marlon	58	M55	Unattached	DNS		
125	8:15am	100m Men <i>Julio Bayaban</i>	M60 <i>M60</i>	<i>Unattached</i>	14.22	FINAL <i>PMAC 2023</i>		
	<i>BIB</i>	<i>NAME</i>	<i>AGE</i>	<i>AG</i>	<i>TEAM</i>	<i>RESULT</i>	<i>WV</i>	<i>REMARKS</i>
	565	Maclang, Juanchito	60	M60	JD Training Performance Bulacan Masters	14.41		GOLD
	544	Balcita Jr., Guillermo William	62	M60	City of San Fernando La Union	14.80		SILVER
	550	Bayaban, Julio	63	M60	Muntinlupa Masters Athletics Team	15.61		BRONZE
	564	Loi, Riccardo	64	M60	Muntinlupa Masters Athletics Team	16.15		
	577	Salonga, Victor	63	M60	JD Training Performance Bulacan Masters	22.63		
	578	Septimo, Emmanuel	64	M60	Philippine Airforce	DNF		
	555	Da Silva, Roberto Jose	62	M60	De La Salle Alumni Athletics	DNS		
	556	Despi, Ronald	61	M60	Team Pasig Athletics	DNS		
126	8:20am	100m Men <i>Arnel Lobos</i>	M65 <i>M65</i>	<i>Team Muntinlupa</i>	14.49	FINAL <i>PMAC2 2024</i>		
	<i>BIB</i>	<i>NAME</i>	<i>AGE</i>	<i>AG</i>	<i>TEAM</i>	<i>RESULT</i>	<i>WV</i>	<i>REMARKS</i>
	635	Colin, Gordon	65	M65	Unattached	14.70		GOLD
	600	Lobos, Arnel	68	M65	Muntinlupa Masters Athletics Team	14.83		SILVER
	598	Fernandez, Vitaliano	69	M65	Macrunners	15.20.4		BRONZE
	602	Murai, Koji	65	M65	Macrunners	15.20.6		
	589	Ambat, Dennis	66	M65	De La Salle Alumni Athletics	15.21		
	613	Viason, Romeo	65	M65	Team Daniela	15.65		
	596	Dichoso, Renato	69	M65	Team Baguio City	17.54		
	594	Carpena, Cesar	65	M65	De La Salle Alumni Athletics	17.68		
	593	Briones, Edesio	67	M65	The Running Junkies Ph	DNS		
	603	Muyot, Renante	69	M65	The Running Junkies Ph	DNS		
	607	Pilones Jr., Delfin	66	M65	Team Dariuk	DNS		
	609	Saldivar, Manolito Espina	66	M65	Unattached	DNS		
127	8:25am	100m Men <i>Willy Suarez</i>	M70 <i>M70</i>	<i>Unattached</i>	17.48	FINAL <i>PMAC2 2024</i>		
	<i>BIB</i>	<i>NAME</i>	<i>AGE</i>	<i>AG</i>	<i>TEAM</i>	<i>RESULT</i>	<i>WV</i>	<i>REMARKS</i>
	617	Muloc, Usman	72	M70	Unattached	16.58		GOLD (NMR)
	619	Ramirez, Fernando	72	M70	Dasmariñas City Joggers & Runners Club	17.09		SILVER
	622	Suarez, Willy	74	M70	Unattached	18.41		BRONZE
	620	Relucio, Antonio	70	M70	Unattached	26.1		
127	8:25am	100m Men <i>Victor Ting</i>	M75 <i>M75</i>	<i>42k Running Circle</i>	22.33	FINAL <i>PMAC 2023</i>		
	<i>BIB</i>	<i>NAME</i>	<i>AGE</i>	<i>AG</i>	<i>TEAM</i>	<i>RESULT</i>	<i>WV</i>	<i>REMARKS</i>
	625	Juaniza, Felizardo	75	M75	Unattached	18.2		GOLD (NMR)
	624	Balaba, Brigilio	79	M75	Team Baguio City	22.48		SILVER
	626	Payumo, Orlando	78	M75	Running Team Calabarzon	DNS		

127	8:25am	100m Men	M85					FINAL
		<i>Fransisco Ramones</i>	<i>M85</i>	<i>Unattached</i>		36.51		<i>PMAC2 2024</i>
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
628	Munar, Dominador	89	M85	Unattached	54.42		GOLD	
130	8:45am	JAVELIN THROW Men (800g)	M30					FINAL
		<i>Kenny Gonzales</i>	<i>M30</i>	<i>Philippine Airforce</i>		55.67m		<i>PMAC2 2024</i>
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
272	Gonzales, Kenny	33	M30	Team Pasig Athletics	51.19m		GOLD	
271	Francisco, Robert	32	M30	Police	42.62m		SILVER	
259	De Guzman, Rodolfo	32	M30	Philippine Airforce	40.96m		BRONZE	
254	Camba, Cristituto	33	M30	Muntinlupa Masters Athletics Team	38.48m			
249	Bagamasbad, Randell	32	M30	Running Team Calabarzon	22.65m			
258	Dass, Satnam	33	M30	Unattached	DNS			
130	8:45am	JAVELIN THROW Men (800g)	M35					FINAL
		<i>Yourke Tamayo</i>	<i>M35</i>	<i>Philippine Airforce</i>		39.77m		<i>PMAC2 2024</i>
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
324	Flores, Gabriel	37	M35	De La Salle Alumni Athletics	36.41m		GOLD	
339	Nipahoy, Jerson	37	M35	First Sports - Northern Philippines Athletics	32.85m		SILVER	
345	Razon, Francis Xavier	36	M35	Team Ateneo Lightning Loyola	32.49m		BRONZE	
325	Golimlim, Darryl	38	M35	Running Team Calabarzon	30.55m			
130	8:45am	JAVELIN THROW Men (800g)	M40					FINAL
		<i>Marc Dael</i>	<i>M40</i>	<i>JD Training Performance Bulacan Masters</i>		31.24m		<i>PMAC2 2024</i>
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
378	Fresnido, Allan Gabrentina	42	M40	Unattached	41.09m		GOLD (NMR)	
407	Santos, Dario	40	M40	First Sports - Northern Philippines Athletics	34.65m		SILVER	
381	Gregorio, John	42	M40	Team Ateneo Lightning Loyola	33.44m		BRONZE	
358	Balut Jr, Fernando	40	M40	First Sports - Northern Philippines Athletics	30.39m			
387	Lim, Emilio	41	M40	Team Ateneo Lightning Loyola	28.49m			
368	Constantino, Christopher	40	M40	Team Ateneo Lightning Loyola	27.56m			
363	Buasen, Horace	43	M40	First Sports - Northern Philippines Athletics	25.15m			
411	Tiqui, Jefren	44	M40	First Sports - Northern Philippines Athletics	24.39m			
377	Flores, Miguel	42	M40	De La Salle Alumni Athletics	24.03m			
364	Caballero, Lyndon	42	M40	Pilipinas Obstacle Sports Federation	20.89m			
374	Elejedo, Arven	41	M40	Philippine Vigor Hearts	19.95m			
366	Chaudhary, Rajat	43	M40	Unattached	DNS			
130	8:45am	JAVELIN THROW Men (800g)	M45					FINAL
		<i>Roberto Fresnido</i>	<i>M45</i>	<i>Philippine Airforce</i>		44.16m		<i>PMAC2 2024</i>
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
457	Sarte, Jealvies	47	M45	Pilipinas Obstacle Sports Federation	37.67m		GOLD	
430	Chee Jr., Antonio	49	M45	Unattached	37.09m		SILVER	
418	Alibuyog Jr., Cristino	47	M45	De La Salle Alumni Athletics	28.56m		BRONZE	
422	Ayohan Jr., Victor	48	M45	Police	28.19m			
438	Domingo, Jordan	47	M45	JD Training Performance Bulacan Masters	25.67m			
426	Barnachea Jr., Joselito	46	M45	Evolve Yourself	17.94m			
436	Dela Cruz, Arnold	47	M45	JD Training Performance Bulacan Masters	17.59m			
459	Singh, Gurdip	45	M45	Unattached	DNS			
137	9:00am	LONG JUMP Men	M50, M55, M60, M65, M70					FINAL
		<i>Diomenes Encinares</i>	<i>M50</i>	<i>Unattached</i>		4.93m		<i>PMAC2 2024</i>
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
498	Suguitan, Jose Enrico Ricky	52	M50	Pilipinas Obstacle Sports Federation	3.76m		GOLD	
485	Manguerra, Cris	51	M50	Lion City Athletics Club, Inc.	3.61m		SILVER	
497	Sardjono, Pratik Murwatno	53	M50	Unattached	NM			
480	Esquiedo, Melquaides	50	M50	Police	DNS			
137	9:00am	LONG JUMP Men	M55					FINAL
		<i>Edward Obiena</i>	<i>M55</i>	<i>Unattached</i>		4.02m		<i>PMAC 2023</i>
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
518	Gopinathan, Gopakumar	56	M55	Unattached	3.83m		GOLD	
524	Marce, Ariel	58	M55	Lion City Athletics Club, Inc.	3.77m		SILVER	
531	Ronquillo, Bryan	58	M55	Unattached	3.72m		BRONZE	
505	Academia, Alphonso Trece	55	M55	Philippine Airforce	3.70m			
539	Yambao, Rene	56	M55	Lion City Athletics Club, Inc.	3.69m			

137	9:00am	LONG JUMP Men	M60					FINAL
		Jaime Sr. Ucab	M60	Unattached		4.21m		PMAC 2023
		BIBNAMEAGEAGTEAMRESULTWVREMARKS						
		544Balcita Jr., Guillermo William62M60City of San Fernando La Union4.23mGOLD (NMR)						
		548Banzon, Raul60M60Team Ateneo Lightning Loyola3.90mSILVER						
		578Septimo, Emmanuel64M60Philippine Airforce3.62mBRONZE						
		563Lazo, Gerald62M60De La Salle Alumni Athletics3.56m						
137	9:00am	LONG JUMP Men	M60					FINAL
		Arnel Lobos	M65	Philippine Air Force		4.51m		PMAC 2023
		BIBNAMEAGEAGTEAMRESULTWVREMARKS						
		602Murai, Koji65M65Macrunners4.24mGOLD						
		600Lobos, Arnel68M65Muntinlupa Masters Athletics Team4.12mSILVER						
		635Colin, Gordon65M65Unattached3.89mBRONZE						
		594Carpena, Cesar65M65De La Salle Alumni Athletics2.72m						
		235Dela Rama, Rogaciano68M65JD Training Performance Bulacan Masters						
137	9:00am	LONG JUMP Men	M60					FINAL
		Elmer Reyes	M70	Philippine Air Force		1.94m		PMAC2 2024
		BIBNAMEAGEAGTEAMRESULTWVREMARKS						
		620Relucio, Antonio70M70Unattached2.20mGOLD (NMR)						
		617Muloc, Usman72M70Unattached1.47mSILVER						
141	9:15am	400m HURDLES Men	M30					FINAL
		Racel Sumile Pardillo	M30	Philippine Army		01:03.87		PMAC 2023
		BIBNAMEAGEAGTEAMRESULTWVREMARKS						
		246Andresio, Alvin Lloyd30M30Philippine Airforce1:06.19GOLD						
		298Sugue, John Kevin34M30De La Salle Alumni Athletics1:11.93SILVER						
		301Uichico, Timothy Francis32M30De La Salle Alumni Athletics1:13.32BRONZE						
		285Morales, Bien Carlo30M30University of the Philippines1:13.39						
141	9:15am	400m HURDLES Men	M45					FINAL
		BIBNAMEAGEAGTEAMRESULTWVREMARKS						
		442Hidalgo Jr., Armando47M45Police1:13.20GOLD						
		418Alibuyog Jr., Cristino47M45De La Salle Alumni Athletics1:20.46SILVER						
		461Tumaliuan, Joel47M45First Sports - Northern Philippines AthleticsDNS						
141	9:15am	400m HURDLES Men	M40					FINAL
		Julius Suico	M40	Unattached		01:15.17		PMAC 2023
		BIBNAMEAGEAGTEAMRESULTWVREMARKS						
		408Sore, Hernanie44M40University of Baguio1:02.89GOLD (NMR)						
		402Rivera Sr., Joel43M40First Sports - Northern Philippines Athletics1:11.02SILVER						
		415Ycong, Michael40M40De La Salle Alumni Athletics1:11.32BRONZE						
		358Balut Jr, Fernando40M40First Sports - Northern Philippines Athletics1:15.05						
		363Buasen, Horace43M40First Sports - Northern Philippines Athletics1:15.17						
		390Lopez, Rene Boy44M40First Sports - Northern Philippines Athletics1:18.52						
		384Javier, Blas40M40JD Training Performance Bulacan Masters1:19.67						
		412Tuzon, Brian41M40First Sports - Northern Philippines Athletics1:26.38						
142	9:25am	400m HURDLES Men	M55					FINAL
		Eddie Radaza	M50	Philippine Army		01:25.34		PMAC 2023
		BIBNAMEAGEAGTEAMRESULTWVREMARKS						
		529Radaza, Eddie56M55Philippine Airforce1:27.38GOLD						
142	9:25am	400m HURDLES Men	M50					FINAL
		BIBNAMEAGEAGTEAMRESULTWVREMARKS						
		472Chua, Jeoffrey52M50De La Salle Alumni Athletics1:36.23GOLD						
		494Raymundo, Macrino51M50First Sports - Northern Philippines Athletics1:53.21SILVER						
144	9:45am	300m HURDLES Men	M65					FINAL
		BIBNAMEAGEAGTEAMRESULTWVREMARKS						
		592Birse, David66M65Unattached1:22.5GOLD						

146	15:00	POLE VAULT Men			M30			FINAL	
		Francesco Adel Valdecañas			M30	Unattached	4.0m	PMAC 2023	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		288	Nishizaki, Kazuya	30	M30	Unattached	2.80m		GOLD
		264	Diche, Jayson	31	M30	JD Training Performance Bulacan Masters	1.95m		SILVER
		298	Sugue, John Kevin	34	M30	De La Salle Alumni Athletics	NR		
146	15:00	POLE VAULT Men			M35			FINAL	
		Francesco Adel Valdecañas			M30	Unattached	4.0m	PMAC 2023	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		352	Tolin, Kenneth Christian	39	M35	Police	1.80m		GOLD
147	15:00	HAMMER THROW Men (6kg)			M50			FINAL	
		A1C Nixon H Mas			M50	Philippine Air Force	28.60m	PMAC 2023	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		501	Tejima, Junichi	52	M50	Unattached	13.10m		GOLD
		498	Suguitan, Jose Enrico Ricky	52	M50	Pilipinas Obstacle Sports Federation	10.38m		SILVER
147	15:00	HAMMER THROW Men (6kg)			M55			FINAL	
		Emerson Obiena			M55	Unattached	24.66m	PMAC2 2024	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		522	Koda, Toshihide Isaphil	55	M55	Unattached	24.64m		GOLD
		521	Kobayashi, Hiroyuki	56	M55	Unattached	21.54m		SILVER
		538	Yamasato, Masayuki	55	M55	Unattached	14.03m		BRONZE
148	15:00	HAMMER THROW Men (5kg)			M60			FINAL	
		Alberto Agra			M60	POSF Athletics Masters	20.43m	PMAC 2023	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		570	Obiena, Emerson	60	M60	Unattached	27.44m		GOLD (NMR)
		576	Riady, Tanu	61	M60	Unattached	27.19m		SILVER
		571	Panaguiton, Luis III	63	M60	De La Salle Alumni Athletics	20.90m		BRONZE
		568	Medina-Cue, Luisito	60	M60	De La Salle Alumni Athletics	12.34m		
148	15:00	HAMMER THROW Men (5kg)			M65			FINAL	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		235	Dela Rama, Rogaciano	68	M65	JD Training Performance Bulacan Masters	15.37m		GOLD
		604	Noro, Yukihiro	65	M65	Unattached	DNS		
161	15:50	400m Men			M70			FINAL	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		619	Ramirez, Fernando	72	M70	Dasmariñas City Joggers & Runners Club	1:32.45		GOLD
		627	Scott, Dennis	76	M75	Unattached	1:35.40		SILVER
		622	Suarez, Willy	74	M70	Unattached	1:55.28		BRONZE
161	15:50	400m Men			M75			FINAL	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		627	Scott, Dennis	76	M75	Unattached	1:35.40		GOLD
		624	Balaba, Brigilio	79	M75	Team Baguio City	2:03.60		SILVER
161	15:50	400m Men			M65			FINAL	
		David Birse			M65	Team Baguio	01:24.85	PMAC2 2024	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		635	Colin, Gordon	65	M65	Unattached	1:07.51		GOLD (NMR)
		598	Fernandez, Vitaliano	69	M65	Macrunners	1:15.77		SILVER
		592	Birse, David	66	M65	Unattached	1:19.15		BRONZE
		601	Lozano, Eduardo	68	M65	Dasmariñas City Joggers & Runners Club	1:42.34		
		593	Briones, Edesio	67	M65	The Running Junkies Ph	DNS		
162	15:55	400m Men			M60			FINAL	
		Gordon Colin			M60	Unattached	01:08.92	PMAC2 2024	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		558	Ebreo, Giovanni	61	M60	Muntinlupa Masters Athletics Team	1:13.6		GOLD
		557	Ducay, Sonny	62	M60	Unattached	1:18.1		SILVER
		546	Banzon, Rene Philip	62	M60	De La Salle Alumni Athletics	1:19.5		BRONZE
		545	Banzon, Greg	60	M60	De La Salle Alumni Athletics	DNS		
		542	Aplacador, Eustaquio	64	M60	Unattached	DNS		
		547	Banzon, Jose Mari	64	M60	De La Salle Alumni Athletics	DNS		

163	16:00	HAMMER THROW Men (7.26kg)		M30				FINAL	
		John Albert C. Montua		M30	Philippine Air Force		40.58m	PMAC 2023	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		259	De Guzman, Rodolfo	32	M30	Philippine Airforce	21.17m		GOLD
163	16:00	HAMMER THROW Men (7.26kg)		M35				FINAL	
		Matthew Flores		M35	Unattached		37.53m	PMAC2 2024	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		327	Gumabay, Jose	39	M35	First Sports - Northern Philippines Athletics	26.71m		GOLD
		322	Flores, Matthew	36	M35	Team Ateneo Lightning Loyola	DNS		
163	16:00	HAMMER THROW Men (7.26kg)		M40				FINAL	
		Arniel Ferrera		M40	Philippine Air Force		47.46m	PMAC2 2024	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		376	Ferrera, Arniel	44	M40	Philippine Airforce	44.14m		GOLD
163	16:00	HAMMER THROW Men (7.26kg)		M45				FINAL	
		Jerro D Perater		M45	Philippine Air Force		29.32m	PMAC2 2024	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		444	Lalwani, Arvind	45	M45	Unattached	DNS		
164	16:00	400m Men		M55				FINAL	
		Eddie Radaza		M55	Unattached		01:08.7	PMAC2 2024	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		515	Engbino, Desederio	55	M55	Spectrum Runner'S Philippines	1:07.43		GOLD (NMR)
		516	Gadapan, Rodelio	55	M55	Unattached	1:09.60		SILVER
		507	Alcantara, Rodolfo	57	M55	JD Training Performance Bulacan Masters	1:10.25		BRONZE
		529	Radaza, Eddie	56	M55	Philippine Airforce	1:11.58		
		525	Natano, Melbert	58	M55	Unattached	1:14.96		
		526	Nebrida, Joseph	58	M55	De La Salle Alumni Athletics	1:34.50		
		506	Aguila, Virgilio	55	M55	Police	DNS		
		536	Tubes, Edgardo	58	M55	The Running Junkies Ph	DNS		
		519	Guffey, Frank	58	M55	Unattached	DNS		
165	16:05	400m Men		M50				FINAL	
		Aldwin Ragas		M50	Pateros Matapat		01:03.2	PMAC 2023	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		491	Ragas, Aldwin	52	M50	The Running Junkies Ph	1:01.33		GOLD (NMR)
		479	Epong, Allan	51	M50	JD Training Performance Bulacan Masters	1:08.48		SILVER
		504	Wong, Martin	54	M50	Unattached	1:10.20		BRONZE
		472	Chua, Jeoffrey	52	M50	De La Salle Alumni Athletics	1:17.15		
		467	Apostol, Eric	53	M50	JD Training Performance Bulacan Masters	1:20.76		
		475	Delos Reyes Jr., Arturo	53	M50	Pilipinas Obstacle Sports Federation	DNS		
		487	Nona, Allan	54	M50	Unattached	DNS		
166	16:10	400m Men		M45				FINAL	
		Emmanuel Robles		M45	JD Training Performance Bulacan Masters		59.24	PMAC2 2024	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		420	Arboleda, Lino	47	M45	University of the Philippines	58.5		GOLD (NMR)
		432	Dacuno, Rodel	47	M45	Unattached	1:04.68		SILVER
		428	Beltran, Danny Dexter	46	M45	JD Training Performance Bulacan Masters	1:08.51		BRONZE
		450	Paz, Jetric	45	M45	Team Ateneo Lightning Loyola	1:09.89		
		451	Pelaez, Michael	47	M45	Police	DNS		
		454	Robles, Emmanuel	47	M45	JD Training Performance Bulacan Masters	DNS		
167	16:15	400m Men		M40				FINAL	
		Hernanie Sore		M40	University of Baguio		58.60	PMAC2 2024	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		356	Dino, Arman Pila	40	M40	Philippine Airforce	56.97		GOLD (NMR)
		409	Talosig Jr., Reynald	44	M40	Pilipinas Obstacle Sports Federation	58.54		SILVER
		383	Haresco, James	40	M40	Lion City Athletics Club, Inc.	58.68		BRONZE
		380	Godfried, Brice Justin	42	M40	Team Ateneo Lightning Loyola	1:03.71		
		402	Rivera Sr., Joel	43	M40	First Sports - Northern Philippines Athletics	1:08.10		
		392	Maigue, Christopher	42	M40	Lion City Athletics Club, Inc.	1:19.31		
		360	Bandalan, Aric	40	M40	Unattached	DNS		

168	16:20	400m Men A2C Edgardo G. Alejan Jr.	M35 M35	Philippine Air Force	49.04	FINAL PMAC 2023		
	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
	313	Caniete, Ringgo	35	M35	Police	53.44		GOLD
	310	Baldoza, Jeoffrey	39	M35	JD Training Performance Bulacan Masters	56.73		SILVER
	312	Camacho, Miguel	36	M35	University of the Philippines	58.32		BRONZE
	319	Damasco, Don	37	M35	University of the Philippines	58.56		
	339	Nipahoy, Jerson	37	M35	First Sports - Northern Philippines Athletics	1:03.34		
	354	Ulam, Mark	37	M35	Unattached	1:06.84		
	318	Dael, John Hermie	39	M35	De La Salle Alumni Athletics	1:09.42		
	332	Maganito, Jeffrey	37	M35	Lion City Athletics Club, Inc.	1:22.50		
	333	Magbanua, Jason	37	M35	JD Training Performance Bulacan Masters	DNS		
169	16:25	400m Men Jericho Ejercito	M30 M30	Philippine Airforce	51.11	FINAL PMAC 2023		
	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
	633	Ejercito, Jerico	32	M30	De La Salle Alumni Athletics	51.66		GOLD
	287	Neri, Elbren	30	M30	Spectrum Runner'S Philippines	52.33		SILVER
	277	Imperial, Jestoni	31	M30	Lion City Athletics Club, Inc.	1:00.53		BRONZE
	275	Hermogeno, Jeffrey	30	M30	Pilipinas Obstacle Sports Federation	1:04.72		
	248	Aranzanso, Cyrus	32	M30	Lion City Athletics Club, Inc.	1:06.0		
	251	Bigyan, Ryan	30	M30	Philippine Airforce	DNS		
171	16:30	HIGH JUMP Men Diomenes Encinares	M50 M50	Unattached	1.40m	FINAL PMAC2 2024		
	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
	498	Suguitan, Jose Enrico Ricky	52	M50	Pilipinas Obstacle Sports Federation	1.25m		GOLD
	497	Sardjono, Pratik Murwatno	53	M50	Unattached	DNS		
171	16:30	HIGH JUMP Men Edward Obiena	M55 M55	Unattached	1.25m	FINAL PMAC 2023		
	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
	534	Sabuco, Enrique	57	M55	Unattached	1.15m		GOLD
	506	Aguila, Virgilio	55	M55	Police	1.10m		SILVER
	522	Koda, Toshihide Isaphil	55	M55	Unattached	1.00m		BRONZE
171	16:30	HIGH JUMP Men	M60					FINAL
	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
	578	Septimo, Emmanuel	64	M60	Philippine Airforce	1.15m		GOLD
	576	Riady, Tanu	61	M60	Unattached	1.05m		SILVER
171	16:30	HIGH JUMP Men	M65					FINAL
	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
	602	Murai, Koji	65	M65	Macrunners	1.30m		GOLD
171	16:30	HIGH JUMP Men Elmer Reyes	M70 M70	Unattached	1.15m	FINAL PMAC 2023		
	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
	620	Relucio, Antonio	70	M70	Unattached	NR		
	621	Reyes, Elmer	74	M70	Philippine Airforce	DNS		
172	17:00	DISCUS THROW Men 2kg John Albert C Mantua	M30 M30	Philippine Air Force	41.10m	FINAL PMAC 2023		
	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
	259	De Guzman, Rodolfo	32	M30	Philippine Airforce	31.06m		GOLD
	254	Camba, Cristituto	33	M30	Muntinlupa Masters Athletics Team	25.77m		SILVER
	256	Casero, Christian	30	M30	Philippine Vigor Hearts	17.97m		BRONZE
172	17:00	DISCUS THROW Men 2kg Jose Gumabay	M35 M35	First Sports-Northern Philippines Athletics	30.11m	FINAL PMAC2 2024		
	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
	327	Gumabay, Jose	39	M35	First Sports - Northern Philippines Athletics	30.18m		GOLD
	345	Razon, Francis Xavier	36	M35	Team Ateneo Lightning Lovola	DNS		

172	17:00	DISCUS THROW Men 2kg	M40				FINAL
		Arniel B. Ferrera	M40	Philippine Air Force	36.33m		PMAC 2023
		BIB NAME AGE AG TEAM RESULT WV REMARKS					
		376 Ferrera, Arniel 44 M40 Philippine Airforce 33.83m					GOLD
		407 Santos, Dario 40 M40 First Sports - Northern Philippines Athletics 24.61m					SILVER
		406 Salonga, Danilo 41 M40 Unattached 22.67m					BRONZE
		358 Balut Jr, Fernando 40 M40 First Sports - Northern Philippines Athletics 22.32m					
		402 Rivera Sr., Joel 43 M40 First Sports - Northern Philippines Athletics 19.01m					
172	17:00	DISCUS THROW Men 2kg	M45				FINAL
		Philip Salaysay	M45	JD Training Performance Bulacan Masters	33.45m		PMAC2 2024
		BIB NAME AGE AG TEAM RESULT WV REMARKS					
		456 Salaysay, Philip 46 M45 JD Training Performance Bulacan Masters 32.48m					GOLD
		457 Sarte, Jealvies 47 M45 Pilipinas Obstacle Sports Federation 19.93m					SILVER
		431 Clukey, Joe 48 M45 Unattached 19.47m					BRONZE
		444 Lalwani, Arvind 45 M45 Unattached DNS					
173	17:00	3000m RACE WALK Men	M30				FINAL
		Jhoeward Quiñones	M30	Philippine Army	18:00.92		PMAC 2023
		BIB NAME AGE AG TEAM RESULT WV REMARKS					
		305 Yumul, Hurjay 30 M30 Team Pasig Athletics 16:02.94					GOLD (NMR)
		273 Gumacal, Dave 33 M30 Police 21:54.90					SILVER
		249 Bagamasbad, Randell 32 M30 Running Team Calabarzon 22:14.72					BRONZE
		256 Casero, Christian 30 M30 Philippine Vigor Hearts DNS					
173	17:00	3000m RACE WALK Men	M35				FINAL
		Larry Andaya	M35	Philippine Army	16:12.79		PMAC 2023
		BIB NAME AGE AG TEAM RESULT WV REMARKS					
		335 Membrado, Rose Vi 35 M35 Unattached 18:47.48					GOLD
		308 Angara, Joseph 36 M35 Lion City Athletics Club, Inc. 21:17.63					SILVER
173	17:00	3000m RACE WALK Men	M40				FINAL
		Romeo Milanes	M40	Elyu Eagles Masters Athletics Team	25:34.9		PMAC2 2024
		BIB NAME AGE AG TEAM RESULT WV REMARKS					
		411 Tiqui, Jefren 44 M40 First Sports - Northern Philippines Athletics 21:46.33					GOLD (NMR)
		371 Diaz, Jeffrey 41 M40 Mile Zero Runners 22:09.15					SILVER
		412 Tuzon, Brian 41 M40 First Sports - Northern Philippines Athletics 27:12.13					BRONZE
173	17:00	3000m RACE WALK Men	M40				FINAL
		Roel Ano	M45	Unattached	18:05.1		PMAC2 2024
		BIB NAME AGE AG TEAM RESULT WV REMARKS					
		462 Ubaldo, Remar 49 M45 Mile Zero Runners 20:50.28					GOLD
		422 Ayohan Jr., Victor 48 M45 Police 21:19.76					SILVER
		425 Barcelon, James 48 M45 Pilipinas Obstacle Sports Federation 23:25.58					BRONZE
		459 Singh, Gurdip 45 M45 Unattached DNS					
173	17:00	3000m RACE WALK Men	M50				FINAL
		Sonny Diaz	M50	JD Training Performance Bulacan Masters	20:17.2		PMAC2 2024
		BIB NAME AGE AG TEAM RESULT WV REMARKS					
		503 Ulat, Angelito 53 M50 Lion City Athletics Club, Inc. 19:18.51					GOLD (NMR)
		502 Torred, Demetrio Jr. 50 M50 Spectrum Runner'S Philippines 20:09.52					SILVER
		473 Coderes, Carlos 52 M50 Mile Zero Runners 22:38.94					BRONZE
		478 Doronio, Randy 50 M50 Team Dariuk DNS					
		487 Nona, Allan 54 M50 Unattached DNS					
173	17:00	3000m RACE WALK Men	M55				FINAL
		Rolando Batac	M55	Unattached	21:55.2		PMAC2 2024
		BIB NAME AGE AG TEAM RESULT WV REMARKS					
		512 Carig, Melchor 57 M55 Team Dariuk 20:31.43					GOLD (NMR)
		509 Batac, Rolando 57 M55 Macrunners 21:03.91					SILVER
		511 Bernales Jr., Anastacio 56 M55 Macrunners 22:24.53					BRONZE
		514 Crisostomo, Antonio Ramil 56 M55 Muntinlupa Masters Athletics Team 23:18.84					
		521 Kobayashi, Hiroyuki 56 M55 Unattached 26:47.60					

173	17:00	3000m RACE WALK Men	M60				FINAL		
		<i>Bonifacio Quezada</i>	<i>M60</i>	<i>Team Dariuk Santiago Isabela</i>	<i>19:27.2</i>		<i>PMAC2 2024</i>		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		574	Quezada, Bonifacio	63	M60	Team Dariuk	19:04.78		GOLD (NMR)
		567	Mandap, Robert	62	M60	Muntinlupa Masters Athletics Team	20:09.99		SILVER
		566	Malinao, Leonardo	60	M60	The Running Junkies Ph	21:51.79		BRONZE
		559	Garcia Jr., Benjamin	62	M60	Macrunners	23:33.92		
		562	Labuanan, Antonio	64	M60	Mile Zero Runners	23:33.94		
		543	Arboleda, Joel	60	M60	Macrunners	24:49.99		
		582	Uy, Nolito	61	M60	Team Dariuk	DNS		
		636	Valenzuela, Jesus		M60	Unattached	DNS		
173	17:00	3000m RACE WALK Men	M65				FINAL		
		<i>Severino Alacar</i>	<i>M65</i>	<i>Team Baguio</i>	<i>20:56.3</i>		<i>PMAC2 2024</i>		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		588	Alacar, Severino	68	M65	Team Baguio City	21:46.07		GOLD
		607	Pilones Jr., Delfin	66	M65	Team Dariuk	22:45.14		SILVER
		235	Dela Rama, Rogaciano	68	M65	JD Training Performance Bulacan Masters	22:54.58		BRONZE
		591	Baniqued, Margarito	65	M65	Philippine Airforce	24:43.30		
		605	Olay, Adolfo	67	M65	Team Dariuk	DNS		
173	17:00	3000m RACE WALK Men	M70				FINAL		
		<i>Cornilio Villarta</i>	<i>M70</i>	<i>Team Daniela</i>	<i>22:10.6</i>		<i>PMAC2 2024</i>		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		634	Villarta, Cornelio	70	M70	Team Pasig Athletics	23:15.50		GOLD
		615	Canlas, Antonio	72	M70	Muntinlupa Masters Athletics Team	DNS		
175	18:00	DISCUS THROW Men 1.5kg	M50				FINAL		
		<i>Nixon H. Mas</i>	<i>M50</i>	<i>Philippine Air Force</i>	<i>42.65m</i>		<i>PMAC 2023</i>		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		482	Lopez, Emmanuel	52	M50	Unattached	21.20m		GOLD
		493	Ramos, Randy	50	M50	Lion City Athletics Club, Inc.	19.22m		SILVER
		501	Tejima, Junichi	52	M50	Unattached	18.06m		BRONZE
		498	Suguitan, Jose Enrico Ricky	52	M50	Pilipinas Obstacle Sports Federation	15.97m		
175	18:00	DISCUS THROW Men 1.5kg	M55				FINAL		
		<i>Edward Obiena</i>	<i>M55</i>	<i>Unattached</i>	<i>32.84m</i>		<i>PMAC2 2024</i>		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		527	Obiena, Edward	59	M55	Unattached	27.21m		GOLD
		522	Koda, Toshihide Isaphil	55	M55	Unattached	24.01m		SILVER
		531	Ronquillo, Bryan	58	M55	Unattached	22.47m		BRONZE
		521	Kobayashi, Hiroyuki	56	M55	Unattached	18.30m		
		538	Yamasato, Masayuki	55	M55	Unattached	15.30m		
		520	Isidro, Marlon	58	M55	Unattached	DNS		
176	18:00	DISCUS THROW Men 1.0kg	M60				FINAL		
		<i>Alberto Agra</i>	<i>M60</i>	<i>POSF Athletics Masters</i>	<i>27.18m</i>		<i>PMAC 2023</i>		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		570	Obiena, Emerson	60	M60	Unattached	34.64m		GOLD (NMR)
		571	Panaguiton, Luis III	63	M60	De La Salle Alumni Athletics	26.57m		SILVER
		568	Medina-Cue, Luisito	60	M60	De La Salle Alumni Athletics	23.23m		BRONZE
		577	Salonga, Victor	63	M60	JD Training Performance Bulacan Masters	21.40m		
		572	Panaguiton, Vittorio	62	M60	De La Salle Alumni Athletics	20.34m		
		569	Nogales, Jose	60	M60	Unattached	DNS		
176	18:00	DISCUS THROW Men 1.0kg	M65				FINAL		
		<i>Juan Villa</i>	<i>M65</i>	<i>Unattached</i>	<i>33.88m</i>		<i>PMAC 2023</i>		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		614	Villa, Juan	67	M65	De La Salle Alumni Athletics	32.92m		GOLD
		589	Ambat, Dennis	66	M65	De La Salle Alumni Athletics	24.98m		SILVER
		602	Murai, Koji	65	M65	Macrunners	23.17m		BRONZE
		235	Dela Rama, Rogaciano	68	M65	JD Training Performance Bulacan Masters	20.21m		
		612	Torres, Adel	65	M65	Unattached	14.62m		
		604	Noro, Yukihiro	65	M65	Unattached	DNS		
		607	Pilones Jr., Delfin	66	M65	Team Dariuk	DNS		

176	18:00	DISCUS THROW Men 1.0kg <i>Juan Villa</i>			M70 <i>M65 Unattached</i>	33.88m	FINAL <i>PMAC 2023</i>	
		BIB	NAME	AGE	AG TEAM	RESULT	WV	REMARKS
		621	Reyes, Elmer	74	M70 Philippine Airforce	18.70m		GOLD
		617	Muloc, Usman	72	M70 Unattached	11.03m		SILVER
178	18:10	1500m Men <i>Jose Eusebio</i>			M60 <i>M60 Hukbong Kabitenyo</i>	5:56.04	FINAL <i>PMAC2 2024</i>	
		BIB	NAME	AGE	AG TEAM	RESULT	WV	REMARKS
		579	Sugalan, Efren	60	M60 JD Training Performance Bulacan Masters	5:41.71		GOLD (NMR)
		551	Betes, Ernesto	60	M60 Unattached	5:59.99		SILVER
		545	Banzon, Greg	60	M60 De La Salle Alumni Athletics	DNS		
		547	Banzon, Jose Mari	64	M60 De La Salle Alumni Athletics	DNS		
178	18:10	1500m Men <i>Edgardo Pedregosa</i>			M65 <i>M65 Unattached</i>	6:05.99	FINAL <i>PMAC 2023</i>	
		BIB	NAME	AGE	AG TEAM	RESULT	WV	REMARKS
		635	Colin, Gordon	65	M65 Unattached	5:35.19		GOLD (NMR)
		606	Pedregosa, Edgardo	67	M65 Team Pasig Athletics	6:20.74		SILVER
		586	Advincula, Demetrio	65	M65 Team Baguio City	6:43.42		BRONZE
		610	Sta Rosa, Rene	67	M65 Muntinlupa Masters Athletics Team	6:55.55		
		592	Birse, David	66	M65 Unattached	DNS		
		595	Colina, Antonio Valeriano	65	M65 De La Salle Alumni Athletics	DNS		
178	18:10	1500m Men <i>Fernando Ramirez</i>			M70 <i>M70 Dasmariñas City Runners and Joggers Club</i>	6:57.56	FINAL <i>PMAC2 2024</i>	
		BIB	NAME	AGE	AG TEAM	RESULT	WV	REMARKS
		619	Ramirez, Fernando	72	M70 Dasmariñas City Joggers & Runners Club	7:14.89		GOLD
		616	Igay, Sofronio	72	M70 Philippine Airforce	7:16.40		SILVER
178	18:10	1500m Men <i>Brigilio Balaba</i>			M75 <i>M75 Unattached</i>	8:37.04	FINAL <i>PMAC 2023</i>	
		BIB	NAME	AGE	AG TEAM	RESULT	WV	REMARKS
		627	Scott, Dennis	76	M75 Unattached	8:09.55		GOLD (NMR)
		624	Balaba, Brigilio	79	M75 Team Baguio City	8:50.45		SILVER
179	18:20	1500m Men <i>Edward Luna</i>			M50 <i>M50 POSF Athletics Masters</i>	5:19.60	FINAL <i>PMAC2 2024</i>	
		BIB	NAME	AGE	AG TEAM	RESULT	WV	REMARKS
		502	Torred, Demetrio Jr.	50	M50 Spectrum Runner'S Philippines	4:52.03		GOLD (NMR)
		471	Ceralvo, Mansueto	53	M50 Philippine Vigor Hearts	5:23.50		SILVER
		479	Epong, Allan	51	M50 JD Training Performance Bulacan Masters	5:37.58		BRONZE
		490	Quiogue, Victor	52	M50 Muntinlupa Masters Athletics Team	5:47.16		
		489	Pagulayan, Marlo	52	M50 First Sports - Northern Philippines Athletics	5:48.99		
		491	Ragas, Aldwin	52	M50 The Running Junkies Ph	DNS		
179	18:20	1500m Men <i>Efren Sugalan</i>			M55 <i>M55 JD Training Performance Bulacan Masters</i>	5:33.10	FINAL <i>PMAC2 2024</i>	
		BIB	NAME	AGE	AG TEAM	RESULT	WV	REMARKS
		515	Engbino, Desederio	55	M55 Spectrum Runner'S Philippines	5:10.81		GOLD (NMR)
		533	De Jager, Arthur Peter	56	M55 Unattached	5:24.37		SILVER
		516	Gadapan, Rodelio	55	M55 Unattached	5:44.60		BRONZE
		528	Quiogue, Armando	57	M55 Team Daniela	5:53.88		
		525	Natano, Melbert	58	M55 Unattached	6:03.28		
		532	Rosin, Enrico	59	M55 Unattached	6:10.09		
		539	Yambao, Rene	56	M55 Lion City Athletics Club, Inc.	6:21.98		
		536	Tubes, Edgardo	58	M55 The Running Junkies Ph	DNS		
		517	Gallaza, Arsenio	58	M55 Unattached	DNS		
180	18:30	1500m Men <i>Mohammad Sherwin Managil</i>			M40 <i>M40 POSF Athletics Master</i>	4:47.49	FINAL <i>PMAC 2023</i>	
		BIB	NAME	AGE	AG TEAM	RESULT	WV	REMARKS
		390	Lopez, Rene Boy	44	M40 First Sports - Northern Philippines Athletics	5:03.04		GOLD
		365	Chan, Edrich	40	M40 Unattached	5:16.72		SILVER
		383	Haresco, James	40	M40 Lion City Athletics Club, Inc.	6:03.05		BRONZE
		360	Bandalan, Aric	40	M40 Unattached	DNS		
		373	Elejedo, Arwen	43	M40 Philippine Vigor Hearts	DNS		
		379	Galam, Allan	40	M40 First Sports - Northern Philippines Athletics	DNS		
		414	Watanabe, Yukinori	44	M40 Unattached	DNS		

180	18:30	1500m Men	M45				FINAL		
		Julis Sermona	M45	Philippine Air Force	4:42.22		PMAC2 2024		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		434	Daga-as, Jojie	47	M45	JD Training Performance Bulacan Masters	4:48.12		GOLD
		433	Dacutanan, Roy	45	M45	The Running Junkies Ph	5:12.86		SILVER
		443	Hirang, Fernando li	49	M45	Unattached	5:22.64		BRONZE
		428	Beltran, Danny Dexter	46	M45	JD Training Performance Bulacan Masters	5:37.51		
		441	Estrada, Marco	47	M45	Lion City Athletics Club, Inc.	DNS		
181	18:40	1500m Men	M30				FINAL		
		Requi Trupa	M30	Hukbong Kabitenyo	4:17.49		PMAC2 2024		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		287	Neri, Elbren	30	M30	Spectrum Runner'S Philippines	4:22.99		GOLD
		253	Calimag, Roderick	30	M30	First Sports - Northern Philippines Athletics	4:28.78		SILVER
		304	Visbal, Marvin	30	M30	Unattached	4:59.79		BRONZE
		291	Pornel, Philip	34	M30	De La Salle Alumni Athletics	5:11.72		
		279	Ledesma, Arwin	32	M30	University of the Philippines	5:33.70		
		292	Pornel, Michael	32	M30	De La Salle Alumni Athletics	5:47.60		
		266	Ener, John	31	M30	Lion City Athletics Club, Inc.	5:53.95		
		281	Lopez, Jeremiah Aaron	33	M30	JD Training Performance Bulacan Masters	5:55.74		
		257	Cellona, Jojo	30	M30	University of the Philippines	6:51.64		
181	18:40	1500m Men	M35				FINAL		
		Aris Africa	M35	Philippine Army	4:15.97		PMAC2 2024		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		340	Olivan, Greco	36	M35	Muntinlupa Masters Athletics Team	4:38.23		GOLD
		317	Constantino, Michael Ian	36	M35	Philippine Airforce	4:40.03		SILVER
		312	Camacho, Miguel	36	M35	University of the Philippines	5:24.85		BRONZE
		325	Golimlim, Darryl	38	M35	Running Team Calabarzon	5:45.49		
		306	Africa, Aris	37	M35	Pilipinas Obstacle Sports Federation	DNS		
		320	Dugos, Lito	39	M35	Police	DNS		